

## AMENDMENT TO CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application:

### Listing of Claims:

Claim 1-40 (Withdrawn):

Claim 41 ~~[[42]]~~ (Currently Amended): A method for exercising an individual in both a tensile and a compression mode, said method comprising the steps of:

providing a first rigid frame assembly;

providing a second selectively rotatable frame assembly and coupling said second selectively rotatable frame to said first rigid frame assembly;

providing a seat portion and coupling said seat portion to said second selectively rotatable frame assembly;

providing a pair of independent and selectively rotatable handle portions; and

providing a pair of high tension cables and coupling said pair of high tension cables to a respective one of said pair of selectively rotatable handle portions;

causing a movement of a first handle of said pair of handles to rotate said seat portion in a first direction; and

causing a movement of a second handle of said pair of handles to rotate causes said seat portion to rotate in a second direction.

Claim 42 ~~[[43]]~~ (Currently Amended): The method of Claim ~~[[42]]~~ 41 further comprising the steps of:

providing a first plurality of support pads which are each ergonomically contoured to receive and support a respective portion of a user's upper body;

providing a second plurality of support pads which are each ergonomically contoured to receive and support a respective portion of a user's lower body;

coupling said first plurality of support pads to said first rigid frame assembly;

coupling said second plurality of support pads to said second selectively rotatable frame assembly; and

allowing said first and said second plurality of support pads to receive and support said individual.

Claim 43 ~~[[44]]~~ (Currently Amended): The method of Claim ~~[[43]]~~ 42 wherein said step of providing a pair of independent and selectively rotatable handle portions further comprises the steps of:

providing a first arm frame and disposing a first of said pair of handle portions within said first arm frame;

providing a second arm frame and disposing a second of said pair of handle portions within said second arm frame;

providing a first and a second selectively adjustable elbow sling;

disposing said first selectively adjustable elbow sling within said first arm frame;

disposing said second selectively adjustable elbow sling within said second arm frame;

allowing said individual to place a first elbow within said first elbow sling and grasp said first handle with a first hand; and

allowing said individual to place a second elbow within said second elbow sling and grasp said second handle with a second hand.

Claim 44 ~~[[45]]~~ (Currently Amended): The method of Claim ~~[[44]]~~ 43 wherein said step of providing a second plurality of support pads further includes the steps of:

providing a first ergonomically contoured foot pad and disposing said first foot pad upon a first side of said second selectively rotatable frame assembly;

providing a second ergonomically contoured foot pad and disposing said second foot pad upon a second side of said second selectively rotatable frame assembly;

providing a first selectively movable and ergonomically contoured Achilles' pad and disposing said first Achilles' pad upon said first side of said second selectively rotatable frame assembly and in close proximity to said first ergonomically contoured foot pad; and

providing a second selectively movable and ergonomically contoured Achilles' pad and disposing said second Achilles' pad upon said second side of said second selectively rotatable frame assembly and in close proximity to said second ergonomically contoured foot pad.

Claim 45 ~~[[46]]~~ (Currently Amended): The method of Claim ~~[[45]]~~ 44 further comprising the steps of:

providing an axle portion having a first side and a second side and coupling said axle portion to said first rigid frame assembly;

providing a first shock absorption joint having a first aperture formed therethrough and causing said first side of said axle portion to receive said first shock absorption joint through said first aperture;

providing a second shock absorption joint having a second aperture formed therethrough and causing said second side of said axle portion to receive said second shock absorption joint through said second aperture;

providing a first extension arm having a first end and a second end;

coupling said first end of said first extension arm to said first arm frame and coupling said second end of said extension arm to said first shock absorption joint;

providing a second extension arm having a first end and a second end;

coupling said first end of said second extension arm to said second arm frame and coupling said second end of said second extension arm to said second shock absorption joint;

providing a third extension arm having a first end, a second end, and a plurality of through apertures;

coupling said first end of said third extension arm to said first shock absorption joint;

providing a fourth extension arm having a first end and a second end;

coupling said first end of said fourth extension arm to said second shock absorption joint; and

coupling a each of said pair of high tension cables to a respective one of said third and fourth extension arms through one of said plurality of apertures of said third and fourth extension arms.

Claim 46 ~~[[47]]~~ (Currently Amended): The method of Claim ~~[[46]]~~ 45 further comprising the steps of:

providing a pair of actuation assemblies and coupling said pair of actuation assemblies to said first rigid frame and to said second selectively rotatable frame assembly.

Claim 47 ~~[[48]]~~ (Currently Amended): The method of Claim ~~[[47]]~~ 46 further comprising the steps of:

coupling a first of said pair of actuation assemblies on a first side of said second selectively rotatable frame assembly; and

coupling a second of said pair of actuation assemblies on a second side of said second selectively rotatable frame assembly.

Claim 48 ~~[[49]]~~ (Currently Amended): The method of Claim ~~[[48]]~~ 47 further comprising the step of coupling each of said pair of high tension cables to a respective one of said pair of actuation assemblies.

Claim 49 ~~[[50]]~~ (Currently Amended): The method of Claim ~~[[49]]~~ 48 further comprising the steps of:

permitting said individual to isolate a first foot between said first Achilles' pad and said first foot pad;

permitting said individual to isolate a second foot between said second Achilles' pad and said second foot pad;

permitting said individual to selectively rotate said first arm frame, thereby actuating a first of said pair of actuation assemblies, effective to rotate said second selectively rotatable frame assembly in a direction which is away from said first arm frame; and

permitting said individual to selectively rotate said second arm frame, thereby actuating a second of said pair of actuation assemblies, effective to rotate said second selectively rotatable frame assembly in a direction which is away from said second arm frame.

Claim 50 ~~[[51]]~~ (Currently Amended): The method of Claim ~~[[52]]~~ 49 further comprising the steps of:

providing a selectively actuatable rotational retardation assembly; and

coupling said selectively actuatable rotational retardation assembly to said second selectively rotatable frame assembly, thereby allowing said individual to selectively retard a rotational movement of said second selectively rotatable frame assembly.